

Summer Fruit Extra - £2/week – please call.



## JUL 2010 Week 1 Newsletter

The contents of your box this week will be made up of the following:

<b>Name</b>	<b>Method</b>	<b>Source</b>
Potatoes	No Spray	Tenterden
Broad Beans	No Spray	Cliffe
Peas	No Spray	Cliffe
Cabbage	No Spray	Ash
Carrots	No Spray	Ash
Spinach	Organic	Wye
Mixed Salad(lrg only)	Organic	Wye

Finally we have the new season carrots; the recent rains have made them come on to a reasonable size now. I have also run with the peas again as they have such a short season that we must make good use of them. I also spied some summer squash in one of the cold stores today, so we will get those in the next few weeks.

Following on from a discussion with a few of the customers we have decided to expand a little on what we offer. This is all about fruit. As you know Kent has some lovely fruit, but the range is quite small and the seasons quite short. It would appear that more than a few of our customers are going to other bigger box schemes or (and my heart dies a little here) supermarkets to get their fruit. Well we all need fruit and therefore it would make sense for us to offer a fruit box to go alongside the veg boxes we currently deliver. In order to offer a full range of fruit we have decided to supplement the Kent fruit with organic/fair-trade fruit not available in Kent such as oranges and bananas.

This is a real departure from our principles for us and we have thought long and hard about it as it means we are now shipping in produce but we have work out some new 'rules' overleaf:

01622 861113 **Please return your bags & boxes!!!** [www.kentvegbox.co.uk](http://www.kentvegbox.co.uk)

Summer Fruit Extra - £2/week – please call.

- 1 The veg boxes will only contain Kent produce, including local apples/pears etc when available
- 2 The 'Summer Fruit Extra' will remain Kent produce only
- 3 The fruit boxes will contain local fruit when it is available, i.e. we will not give you non-Kent apples if Kent apples are available.

So if you do buy fruit from elsewhere and would like a regular fruit box from us we have put all the details on-line at [kentvegbox.co.uk](http://kentvegbox.co.uk) and you can go and order there, via the web shop, or gives us a call/email and let us know what you would like. We shall start the boxes from next week.

We will also offer fruit boxes for offices etc, so if your workplace is nice to you and puts some fruit in the kitchen, let us know and we would love to quote for it.

Recipe time, hoorah! A nice light soup for this slightly colder spell.

### **Pea & Spinach Soup – for 1**

1 tbsp olive oil, plus extra for drizzling	1/2 onion, finely chopped
1 garlic clove, chopped	85g/3oz fresh peas, podded
2 large handfuls baby spinach	
300ml/1/2 pint hot vegetable stock	
salt and freshly ground black pepper	1 tbsp chopped fresh chives

### **Preparation method**

Heat the olive oil in a saucepan, add the onion and fry gently until softened but not coloured. Add the garlic and fry for one minute.

Add the peas, spinach and hot stock and bring to the boil. Reduce the heat and simmer for eight minutes, or until the peas are tender. Season with salt and freshly ground black pepper and blend with a hand-blender until smooth.